

# Healthy Child Care



Spring 1998

Missouri Department of Health • [www.health.state.mo.us](http://www.health.state.mo.us)

Volume 1, Number 1

## Missouri is one of the first!

We are proud to announce that the Missouri Department of Health is one of the first five states selected as an Associate Center of the National Resource Center for Health and Safety in Child Care!

The mission of the National Center and the State Associate Centers is to enhance the quality of child care by supporting child care providers, parents, health departments, and other community organizations in their efforts to promote health and safety in child care.

The National Resource Center is located at the University of Colorado, Health Sciences Center's School of Nursing in Denver, Colorado. They have a wealth of child care health and safety information that anyone may obtain by calling 1-800-598-KIDS (5437) or contacting them through their website at: <http://nrc.uchsc.edu>.

The other four states affiliated with the National Center are Colorado, Massachusetts, North Carolina, and Washington.

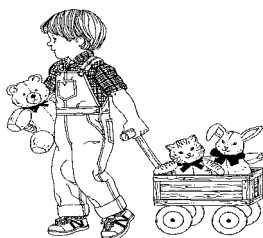


This newsletter is one of the services available from the Missouri Department of Health. Future issues of this newsletter will describe other resources and programs available to child care providers and families. The Missouri Department of Health's website ([www.health.state.mo.us](http://www.health.state.mo.us)) will soon include child care information, too. For more information about any of the Department's Child Care programs described on page two, please call the Bureau of Child Care Safety and Licensure (573) 751-2450.

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# Update



Bureau of Child Care Safety and Licensure  
573-751-2450

The Bureau of Child Care Safety and Licensure (BCCSL) is pleased to provide child care regulatory information to you through this column. Any regulatory changes that affect your life as a child care provider will be highlighted here.

## Annual Sanitation Inspections Going Smoothly

Chapter 210.252.1. RSMo requires the Department of Health to conduct annual sanitation inspections in all regulated child care facilities. The annual sanitation inspections can also be conducted by local health agencies. Last year the budget was increased to allow the department to contract with local health agencies to conduct the annual sanitation inspections. The contract includes inspections licensed family child care homes, group child care homes, child care centers and license-exempt facilities operated by religious organizations and nursery schools. The inspector from the local health agency will conduct routine inspections and additional inspections for unique circumstances. Examples of unique circumstances include inspections when lead hazards are determined, during communicable disease

outbreaks, and when other environmental emergencies arise.

The contracted sanitation inspections in child care facilities conducted by local health agencies (LHAs) began November 1, 1997. To date, 102 of 115 LHAs agreed to participate in the sanitation inspection program. A total of 182 local inspectors were trained in six locations during the month of October. (Thirteen LHAs declined to participate. Bureau environmental staff will conduct inspections where there is no local coverage.) By now, you may have been visited by a local health agency inspector.

## Fire Safety Inspections Conducted Annually

Chapter 210.252.1. RSMo also requires the department to conduct annual fire-safety inspections. In order to comply with the statute, beginning February 1, 1998, the department requests annual fire safety inspections for all child care facilities. This means licensed facilities will now be inspected once a year, rather than once every two years. As in the past, the annual fire safety inspections will be conducted by fire inspectors from the department of Public Safety, Division of Fire Safety.

## New Child Care Safety & Licensure Staff

Also during 1997, the General Assembly awarded, and the Governor approved, a budget increase to allow the department to hire additional staff for the regulatory process. The majority of new staff are child care specialists. They guide you through the initial and renewal licensure process as well as conduct supervisory visits with you. To better serve you, our customers, you may have been assigned a different Child Care Specialist when workloads were redistributed.

## Two Amendments Proposed to the Licensing Rules

The Department proposes two amendments to the licensing rules:

- The first amendment will require all children related to the child care provider to be counted in the licensed capacity of the facility.
- The second will require

licensed child care providers to request a criminal record review through the state highway patrol for specific persons in family child care homes, group child care homes and child care centers.

*There will be no cost to child care providers to meet the requirements of the rules requiring related children to be counted in the licensed capacity of the facility. Providers will not be required to count children in the licensed capacity who are related to them if they are in care on the effective date of the rules. 19 CSR 40-62.042 (2) (C) of the proposed amendment states:*

**Children related to the licensed child care provider and in care as of the effective date of this rule are exempted from counting in the licensed capacity of the group day care home or child day care center.**

19 CSR 40-61.045 (2) (B) of the proposed amendment states:

**Children related to the licensed family day care home provider and in care as of the effective date of this rule are exempted from counting in the licensed capacity of the family day care home.**

The proposed amendment for related children will require the following:

- Within 90 days of the effective date of the rules, the licensed child care provider must submit a list of children related to them who were in care on the effective date of the rules and identifying information for each child;
- Related children in care not listed and submitted to the DOH within 90 days are not exempt and must be counted in the licensed capacity of the facility and meet all the rules; and
- After the effective date of the rules, all children under 12 years of age and related to the child care provider must be



counted in the licensed capacity of the facility and meet all the rules, if their names were not on the prior list of related children.

The proposed amendment for *criminal record reviews* (CRR) will require the following:

- *Group Homes and Centers:* A CRR must be made for the child care provider, the owner(s), board president or

chairperson, the center director or group day care home provider, all applicants for child care employment with the applicant, all current employees of the applicant, and all volunteers counted in staff/child ratios;

- *Family Homes:* A CRR must be made for the child care provider, all applicants for employment, current employees and all adult household members;
- If it is determined that a person has a criminal history that poses a threat to children, the department can prohibit the person from being present on the premises of the facility or take other legal action when appropriate; and
- The provider must submit a \$5.00 fee for each CRR that is conducted by the state highway patrol.

The proposed rules will be filed with the Office of the Secretary of State and published in the Missouri Register. Following publication, there will be a 30-day period in which providers may submit written comments on the rules.

The bureau will inform providers, by mail, of the exact date for the 30-day public comment time.

## **Missouri Department of Health Child Care Programs**

### **Child Care Enhancement Child and Adult Care Food Program**

3,400 child care facilities,  
48,000 children.

**Enhancement Grants**  
287 grants awarded from  
1,181 proposals.

### **Training and Professional Development Training Grants**

Thirty agencies delivered  
approximately  
45,000 hours of training.

**Special Projects:** to improve training,  
target to special needs.

### **Community Based Child Care Supports**

#### **Resource and Referral Agencies**

Eight agencies serve the state to assist  
families find child care, train child care  
providers, consult with businesses.

**Health & Safety Consultation,** 103 local  
health agencies provide consultation and  
training on health and safety.

### **Child Care Provider Orientation**

Prior to regulation, provide consulta-  
tion and orientation to prospective  
child care providers regarding  
requirements.

### **Community Based Sanitation Inspections**

Contracts with 87 local health agencies to conduct  
sanitation inspections of regulated facilities in  
102 counties.

### **Regulation of Child Care Facilities**

Licensed--4,400 facilities; 123,000 children  
License-Exempt--560 facilities;  
35,000 children

Conduct inspections, issue license,  
investigate complaints

### **Other Department programs and units laying foundation for healthy children:**

Supplemental Nutrition Program for Women, Infants and Children (WIC), First Steps, Tel-Link, Dental Health Programs, Summer Food Service Program, Home Visiting for High Risk Infants, SAFE KIDS, Comprehensive School Health, Caring Communities, CHART, Center for Local Public Health Services, Immunizations, Communicable Disease Control, Childhood Lead Program

# Child Care Health & Safety Consultation

Do you have trouble getting the children in your care to wash their hands when they should?

Do you have questions about appropriate policies for giving medicine?

Do you have trouble figuring out if the immunization records are up-to-date for the children in your care?

Do you ever wonder what steps you should take if a child in your care is accidentally injured?

## Many local health agencies across Missouri may be able to help!

Local health agencies in collaboration with the Department of Health provide child care consultation and training to child care providers.

## What services are available free of charge?

- Consultation at licensed and license-exempt child care homes, group homes, and centers (including Head Start) regarding child health and safety issues.
- Training for child care providers to improve health and safety knowledge and practices.

tices. (Training clock hours are awarded to child care staff.)

- Education and consultation for family members of children enrolled in a child care facility.
- Health promotion presentations for children in child care settings

## What topics may be covered in consultation and training?

- Disease prevention
- Children with special needs
- Injury prevention and safety
- Immunizations
- Nutrition
- Dental health
- Diapering
- Sanitation
- Head lice

- Handwashing
- First Aid
- many other health and safety topics

Topics covered by each local health agency may vary, all topics focus on health and safety in child care settings.

## Whom do I contact to start receiving services?

Your local health agency can offer additional information or you can call the Bureau of Nutrition & Child Care Programs, (573) 526-5344, if you have questions or need to know how to contact your local health agency.



Congratulations to Brenda Ezell, RN, and the Audrain County Health Department for being Missouri Department of Health Ambassadors through their efforts with Healthy Child Care Missouri.

Brenda visited Fran Harrison's Little Green House during naptime and conducted her consultation in a whisper among the sleeping children. Fran needed information regarding CPR certifications and

she was also concerned about infants in her care who were displaying symptoms of illness.

Brenda noted other child care providers in Audrain County have similar concerns about taking care of children who have symptoms of illness. Factories and other businesses are bringing jobs to the area; however, many of the new jobs don't allow flexible working hours or leave time for parents to care for sick children. Because of this, more sick children are being sent to child care. Through consultation visits, the Audrain County Health department helps providers develop policies to address issues of mildly ill children.

When Audrain County nurses visit child care providers they talk to providers about many health issues that require special attention. Based

on this information, the Audrain County Health Department provides evening and weekend sessions to child care providers. One recent training topic was Attention Deficit Hyperactivity Disorder (ADHD). The health department followed up the training by mailing additional information about ADHD to the child care providers who attended.

The Audrain County Health Department plans to do additional training sessions due to the positive responses from child care providers.

If you want to share a child care success story, please send articles to: Donna Abernathy, Bureau of Nutrition & Child Care Programs, P.O. Box 570, Jefferson City, MO 65102, or FAX (573) 526-3679

# Are our children getting enough to eat?

Each month in Missouri, the Bureau of Nutrition and Child Care Programs serves approximately 48,000 children in 3,400 child care facilities. Although the Child and Adult Care Food Program (CACFP) requires menu components, there is no guarantee that children receive the proper amounts of the essential nutrients required for growth and development.

Menu analysis of a random sample of child care centers participating in the CACFP in 1993 revealed that only 23% of centers submitted menus that provided enough iron, 16% met the caloric needs of children, and only 9% met both iron and calorie requirements. In order to learn the best ways to help providers, the Missouri Department of Health is evaluating how to

target training and technical assistance for improving menus. Our goal is to develop training and resources that menu planners use to improve menus to meet children's nutritional needs.



## Simple ways to increase calories:

- Serve larger portions than CACFP or licensing minimum amounts or allow seconds for children who want more.
- Serve sandwiches on a whole slice of bread; cut sandwiches into quarters for smaller hands
- Increase serving sizes of pasta, rice, noodles, bread or crackers. These foods are relatively inexpensive, low in fat, and are filling.
- Offer chocolate milk sometimes for additional calories without adding fat.
- Offer extra foods in addition to the CACFP creditable foods, including desserts: puddings, etc.

## To pump more iron into your menus:

- Use beans in chili, tacos or burritos or as a dip.
- Prepare baked beans.
- Combine braunschweiger with cream cheese to use as a spread on crackers or celery.
- Serve cereals highest in iron along with a vitamin C juice to increase iron absorption.
- Serve dried fruit on cooked cereal.
- Cook beef liver or other meats at low temperatures so they are tender.
- Add ground liver to hamburger or meatloaf.

How can early childhood care givers promote nutrition messages so parents will also provide meals that include rich sources of iron and enough calories?

- Choose an iron-rich recipe for a nutrition activity. Send the recipes home with children.
- Allow children to assist with preparation of some foods. Emphasize and show handwashing before preparing food.
- Read stories and incorporate nutrition themes in art or circle activities. Display the children's art work and send it home as a reminder of what they learned.
- Focus on changing behaviors, not just knowledge or information.

# Health and Safety Checklist

## Health Tips

**YES NO**

	<b>Do You...</b>
	...and your staff and children in care have health reports on file as required?
	Maintain a schedule that allows quiet rest and active time; indoor and outdoor play; group and individual play, planned and free choice activities?
	Wash your hands and the child's hands after diapering, toileting, and before eating? <i>When washing hands, use a sink that is <u>not used</u> for food preparation.</i>
	Have a written plan on file from a qualified source for the care of a child with special needs?
	Observe each child at arrival time and ask parents about any suspicious bruises or injuries?
	Require children's immunizations and keep current records on file?
	Do you contact your local health department when a child becomes ill with a reportable illness?
	Observe children through the day for signs of illness and contact the parent as required?
	Have the parent's instructions about what to do in an emergency?
	Have a plan for continuing discussion with parents?

## Safety Tips For Outdoors

**YES NO**

	<b>Does your playground have:</b>
	Surface safe for children?
	Equipment that is safe? Equipment should not be too tall, not rusty and should not have sharp edges, protruding parts, head entrapments, or unstable anchoring.
	Safe layout with equipment not too close to other equipment, objects, or walls?

Rules and movement patterns for children that promote safe play?

Free/open vision of all the children all the time?

Adequate supervision of the children as required?

## Safety Tips for Indoors

**Does your approved indoor child care space have:**

Safety latches for kitchen, bathroom, and workshop cabinets to keep household chemicals and medicines locked safely away from children?

Toys that are washable, unbreakable, and too large for young children to swallow?

All window blinds, drapery, and electrical cords securely away from a child's reach?

Safe sleeping equipment that prevents entrapment and suffocation?

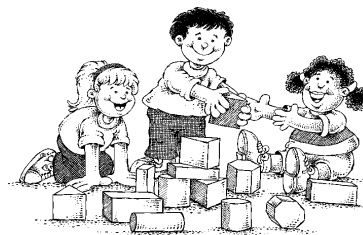
Emergency phone numbers clearly posted and accessible?

Required and functional fire safety equipment like fire extinguishers and smoke detectors?

Combustible liquids stored away from heat sources and in well-ventilated areas?

Gates or doors at stairways?

Practiced plan for quick and safe evacuation of the children in an emergency?



NOTE: This checklist can be used as a tool when checking for safety. This is only a partial list provided by the Bureau of Child Care Safety & Licensure.

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## Child Care Advisory Committee

The Department of Health wants to hear from child care providers and others concerned about child care. One way in which the Department regularly receives advice and information is from the Missouri Child Care Advisory Committee. This Committee includes a broad representation of child care related affiliations, experience and expertise across the state. There are 6 child care providers and 2 parent representatives on the Committee. Also represented are: AEYC-MO, Child Care Resource and Referral, Head Start, child care trainers and educators, child advocates, EDUCARE, Missouri Accreditation, University Extension, and various state agencies responsible for children's services.

Appointed members on the Committee include:

Ruth Pirch, Committee Chairperson, University Extension-Independence  
Dee Ann Attaway, Chair-Elect, and Columbia Religious Organizations  
Marcia Nicely - Child Care Resource and Referral (R&R), Kansas City  
Shelba Branscum - EDUCARE, Cape Girardeau  
Ruth Achelpohl - Child Care Center Provider, Kansas City  
Mike Bennett - Head Start Director, Winona  
Christina Collins - Family Child Care Provider, Nixa  
Alison Copeland - MO Accreditation, Columbia  
Kay Dubbert, R.N. - Child Care Nurse Consultant, Audrain County  
Sara Gable - University Extension, Columbia  
Stacey Hightower - Group Home Child Care Provider, Palmyra  
Candace Iveson - Child Advocate/Citizens for Missouri's Children  
James McAdams - Parent, Jefferson City  
Peggy Pearl - Child Care Educator, Southwest MO State University  
Char Riley - Child Care Center Provider, St. Louis  
Carolyn Rybicki - Child Care Trainer, St. Louis Community College  
Kathy Scott - Religious Organization Representative, Jefferson City  
L. Carol Scott - Child Care Advocate/MARC, Kansas City  
M. Shahroh (Sharo) Shafaie - Child Care Educator, Southeast MO State University  
Sherl Denise Taylor - Parent, Jefferson City  
Jennifer Walker - School-Age Child Care, Kansas City  
Dahna Willis - Child Advocate/ United Way & President of AEYC-MO

Participating state agencies in addition to the Department of Health include: Social Services, Elementary & Secondary Education, Mental Health, Public Safety, and the Governor's Office.

Advisory Committee meetings are held in Jefferson City and open to the public. Future meetings are scheduled for July 29 and October 29. For more information, call 573-751-2450 or 573-526-5344.

This newsletter is partially funded by CACFP, a USDA federally funded program. USDA prohibits discrimination in the administration of its programs.

To file a complaint, write to the Secretary of Agriculture, Washington, D.C. 20250  
Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health,  
Bureau of Nutrition and Child Care Programs, P.O. Box 570, Jefferson City, MO 65102, 800-733-6251.  
Hearing impaired citizens telephone 1-800-735-2966. EEO/AAP services provided on a nondiscriminatory basis.